

NSLP Lunch: Comparing Food Based Menu (Traditional) to the Bronze Level Healthier US School Challenge (HUSSC)	
Food Based Menu Planning: Traditional	Healthier US School Challenge(HUSSC) Bronze Level
<p><u>Fruits and Vegetables Combination</u></p> <p>K-3 ½ cup Fruit/Vegetable 2 different kinds</p> <p>4-12 ¾ cup Fruit/Vegetable 2 different kinds</p> <p>7-12 option ¾ cup Fruit/Vegetable 2 different kinds</p> <p>Fruits and vegetables are considered in combination. There are no specifications on the type of fruits or vegetables used, except for juice. Juice must be 100% fruit or vegetable juice.</p> <p>Fruits and vegetables may be fresh, canned, frozen or dried.</p>	<p><u>Fruits:</u> <i>portion sizes are the same as food based-traditional</i> Fruits: Offer a different fruit (fresh, canned or frozen) every day of the week (at least ¼ cup serving size). Fresh fruit: Offer fresh fruit at least 1 day a week (at least ¼ cup serving size).</p> <p><u>Vegetables:</u> <i>portion sizes are the same as food based-traditional</i> Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size).</p> <p>See footnote 1 at bottom of page.</p>
<p><u>Grains/Breads</u></p> <p>K-3 at least 1 oz serving daily (8 servings per one week)</p> <p>4-12 at least 1 oz serving daily (8 servings per one week)</p> <p>7-12 option at least 1 oz serving daily (10 servings per one week)</p> <p>Whole grains are encouraged, but not required.</p>	<p><u>Grains/Breads:</u> <i>portion sizes are the same as food based-traditional</i></p> <p>Offer 1 serving of whole grains at least 3 days/week, (may not be the same one each day).</p> <p>At least half of the grains offered must be whole grain.</p>
<p><u>Meat/Meat Alternates</u></p> <p>K-3 1 ½ oz (at least 1 oz serving daily – 7 ½ oz per one week)</p> <p>4-12 2 oz (at least 1 oz serving daily – 10 oz per one week)</p> <p>7-12 option 3 oz (at least 1 oz serving daily – 15 oz per one week)</p> <p><u>Legumes</u> No requirement to offer beans as a meat alternate</p>	<p><u>Meat/Meat Alternates:</u> <i>portion sizes are the same as food based-traditional</i> 1.6 – 2.4 oz equivalents (daily average over a 5 day week)</p> <p><u>Legumes as a meat alternate:</u> Cooked dry beans or peas (legumes): Must offer at least once a week (at least ¼ cup serving size).</p>
<p><u>Milk</u> K-12 8 oz</p> <p>Whole, reduced fat, low-fat, fat-free milks (plain or unflavored) Must offer two fat contents of milk.</p>	<p><u>Milk</u> K-12 8 oz</p> <p>Only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day.</p>
<p><i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i> <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i></p> <p>All menus must meet State and Federal nutrient standard requirements for calories, sodium, cholesterol, fiber, iron, calcium, protein, vitamin A, vitamin C, saturated fat and total fat for grade/age groups.</p>	